

Reduce arthritis pain? It's not such a big stretch.



Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. So walk. Swim. Dance. Ride a bike. If 30 minutes is too much, try 10 minutes at a time. To make it fun, do it with a friend. Stick with it, and in four to six weeks you could hurt less and have more energy.

Physical Activity. The Arthritis Pain Reliever.
Call (888) 222-2542 or visit www.checkyourhealth.org to learn more.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION • THE ARTHRITIS FOUNDATION •
THE DEPARTMENT OF HEALTH & HUMAN SERVICES • UTAH DEPARTMENT OF HEALTH ARTHRITIS PROGRAM

